



# **DDSP Fitness Center Freedom Run II 5K Run and Fun Run April 16<sup>th</sup> 9:00 a.m.**

## **Open To**

All military, retired military and civilian employees of DDC, DDSP, Tenants and their families and card bearing Fitness Center members only. (All eligible entrants must possess picture ID to enter the Depot)

## **Time & Location**

9:00 a.m.: April 16, 2005 - DDSP Fitness Center (at DDSP New Cumberland, PA)

## **Course**

Start and Finish will be at the softball field in front of the Fitness Center.

## **Distance**

3.1 Miles (5 Kilometers) Run or Walk. Kids Fun Run is 1/2 Mile.

## **Entry Fee**

\$8.00 (if postmarked by April 9, 2005), Race Day \$10.00. Kids Fun Run - Free No Refunds.

## **Registration**

All pre-registration entries must be postmarked by April 9, 2005. Race day registration will be held 7:30 - 8:45 a.m. near the starting line.

## **Materials Pick-up**

You may pick-up materials in front of the Fitness Center on race day 7:30 - 8:45 a.m. Kids ages 3 - 12 years will receive certificate of participation at the finish line.

## **Age Groups**

12 years & under (Fun Run), 13 - 18 years, 19 - 35 years, 36 years & older

## **Awards**

Overall Male & Female winner will receive DDSP Fitness Center Freedom Run trophy. First through third place winners in each age group will be awarded (no duplicate awards). Paid entrants will receive a We Support You T-Shirt and be eligible in the drawing for a door prize (must be present at time of drawing). The walk is a non-competitive fitness event.

Commander's Trophy will be awarded to the top military branch registered team with the three best times for their branch.

## **Refreshments**

Post-race refreshments will be available at the finish line.

## **Information**

Carlton Rochelle: (717) 770-6473 DDSP Fitness Center Phone: (717) 770-6428

Fax: (717) 770-5527, email [carlton.rochelle@dla.mil](mailto:carlton.rochelle@dla.mil) or [ron.strickler@dla.mil](mailto:ron.strickler@dla.mil)

**DDSP Fitness Center Freedom Run II  
5K Run/Walk & Fun Run 2005  
Registration Form**

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Male \_\_\_\_\_ Female (circle one) \_\_\_\_\_

Phone #s:

Home (\_\_\_\_\_) \_\_\_\_\_ Work (\_\_\_\_\_) \_\_\_\_\_

Runner: \_\_\_\_\_ Walker: \_\_\_\_\_ Kids Fun Run: \_\_\_\_\_

Branch of Service \_\_\_\_\_ is this a team entry **Yes No**

D.O.D Civilian Organization \_\_\_\_\_

**Shirt Size: L XL XXL (Please Circle One)**

Waiver: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to: falls, contact with other participants, the effect of weather (including rain, wind, and snow, high heat/humidity), traffic and the conditions of the road, in consideration of your accepting my entry. I and anyone entitled to act on my behalf, waive and release the DDSP Freedom Run 5K Run/Walk and Fun Walk and all other sponsors, their representative, and successors for all claims of liabilities arising out of my participation in this event.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Mail to: DDSP Fitness Center, 2001 Mission Drive, New Cumberland, PA 17070

Please make checks payable to IMWRF